

# The bidz Guide to Finding Your Ring Size

For the most comfortable fit, it's always best to know your ring size. Following these tips and using the methods suggested below will help you determine the most accurate ring size for you or a gift recipient.

- The average woman's ring size is around size 6.
- The average man's ring size is around size 10.
- Your ring size will be about half a size larger on your dominant hand (the hand you write with).
- Different countries have different ring-size systems. All sizes included in the methods below are standard American sizes.

**Print this page** to use the two common methods below for determining ring size.

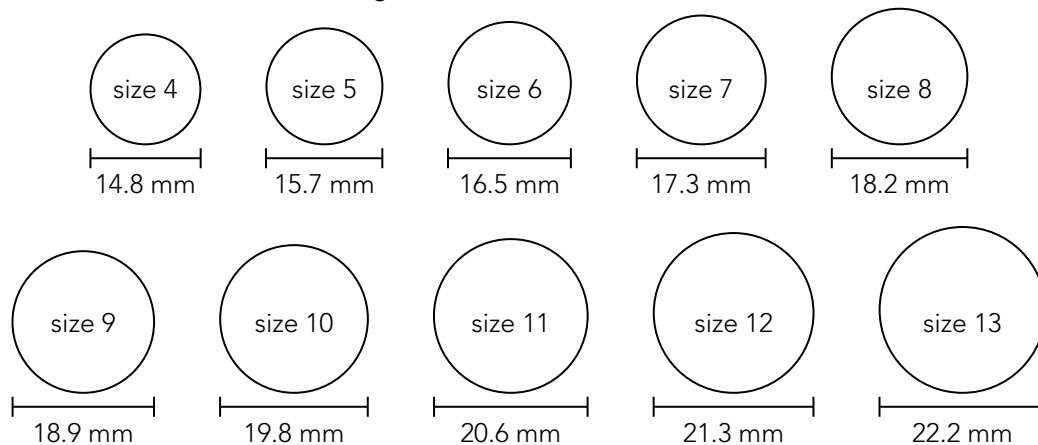
**NOTE:** In the Print dialog box on your computer screen, be sure you do not select "Shrink oversized pages to fit paper size" or "Expand small pages to paper size".

## Method A

Measure a ring that already fits you, or a ring that fits the intended recipient.

- If you need to borrow a ring to measure, be sure it is for the finger you intend the recipient to wear the gift ring on.

Place the ring that fits over one of the circles below, making sure the inside of the ring lines up with the outside of the circle. If you are between sizes, select the larger size.



## Method B

Measure your finger and compare it to the scale below.

- It's best to measure your finger at the end of the day.
- It's best to measure when your fingers are warm, not cold.
- If your knuckle is a lot larger than the base of your finger, measure the base of your finger and your knuckle and select a size in between.

Use a non-stretchy piece of string about 6" long, or cut a strip of paper about 6" long and 1/4" wide. Wrap it snugly around the base of your finger.

Using a pen, mark the place where the string or paper overlap, making a complete circle.

Compare the length of the marked string or paper with the lines below to determine your ring size. If you are between sizes, select the larger size.

